

# SEPTEMBER

## EXERCISE SCHEDULE



Total Body Conditioning and Strength classes are led by Certified Personal Trainers at NO COST.

Enhanced classes (Spin & Yoga) have a \$2 fee.

All Classes meet the requirement for Fitness Improvement Program (FIP) per AFI 34-266.

For more information, please call 720-847-6679 or visit [www.460FSS.com](http://www.460FSS.com)

Instructors for Enhanced Classes: John(J), Jodi B(JB), Jeri W(JW)

MON

TUE

WED

THU

FRI

SAT

2  
**HOLIDAY**  
**Labor Day**  
**No Classes**

3  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900  
Spin (J) - 0545

4  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

5  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900

6  
Total Body Conditioning & Strength  
0530, 0700, & 1200  
KickBoxing (JW) 1730

7  
**Circuit (JB) 0900**  
Circuit training is a form of body conditioning, endurance training and/or resistance training using high-intensity aerobics.

9  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

10  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900  
Spin (J) - 0545

11  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

12  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900

13  
Total Body Conditioning & Strength  
0530, 0700, & 1200

14  
**Circuit (JB) 0900**  
Circuit training is a form of body conditioning, endurance training and/or resistance training using high-intensity aerobics.

16  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

17  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900  
Spin (J) - 0545

18  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

19  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900

20  
Total Body Conditioning & Strength  
0530, 0700, & 1200

21  
**Circuit (JB) 0900**  
Circuit training is a form of body conditioning, endurance training and/or resistance training using high-intensity aerobics.

23  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

24  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900  
Spin (J) - 0545

25  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

26  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
Busters (Seniors) 0900

27  
Total Body Conditioning & Strength  
0530, 0700, & 1200  
KickBoxing (JW) 1730

28

30  
Total Body Conditioning & Strength  
0530, 0700, 1200 & 1630  
KickBoxing (JW) 1730

# Total Body Conditioning and Strength (Certified Personal Trainer Led workouts, no fee)

Conditioning workouts benefit everyone from athletes to people looking to lose weight. Total Body Conditioning and Strength is a program comprising whole body workouts to improve cardiovascular endurance, strength, flexibility, power, speed and balance. It is a unique strength and conditioning workout routine split into circuits or stations using your own bodyweight and also adding multiple pieces of equipment like kettlebells, medicine balls, dumbbells, weights, ropes, barbells, plyo boxes and more. The program is designed for anyone committed to improving their physical abilities. We can regress and progress individual exercises as needed, the program doesn't change.

## Intro to Fitness:

Learn how to use our equipment and start feeling more comfortable coming into our facility! We will demonstrate you proper use and form and provide you with a basic program so you can get your fitness life started!

## Busters:

This program is designed to help improve flexibility and range of motion for individuals who may need modified exercises. To promote a healthy lifestyle physical and socially.

## Kickboxing:

At a cardio kickboxing class, you can expect a full-body workout that engages every muscle group in your body, with a strong focus on your core. The rapid movements in cardio kickboxing also improve flexibility, balance, and coordination, and can help you build faster reflexes.

## Circuit Class:

Circuit training is a form of body conditioning, endurance training and/or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. Free Class!

## Enhanced Classes: (Contracted Instructors, Spin has a \$2 fee).

### Spin:

This is a 45 min. stationary cycling class that combines basic cycling movements with correct breathing, heart rate training and great coaching. It is a non-impact, individually paced, cardio class great for any fitness level. Instructors will guide participants through workout phases: warm-up, steady cadences, sprints, climbs, cool-downs, etc. while listening to upbeat music. Each individual controls their resistance on the bike to make the pedaling as easy or difficult as they choose.

### Yoga

This total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Our Yoga instructors are able to accommodate the exercises to any fitness level so anyone from beginner to advanced participants can take this class.